

Happy New Year!

LOOKING BACK AT 2025

3 THINGS I WAS GRATEFUL FOR

- 1 _____
- 2 _____
- 3 _____

MY BIGGEST WIN WAS

A HABIT THAT HELPED ME FEEL GOOD

AREAS I'D LIKE TO IMPROVE IN

- | | |
|-------------------------------------|--------------------------------------|
| <input type="checkbox"/> Walks/runs | <input type="checkbox"/> Connection |
| <input type="checkbox"/> Workouts | <input type="checkbox"/> Unplugging |
| <input type="checkbox"/> Stretching | <input type="checkbox"/> Balance |
| <input type="checkbox"/> Rest | <input type="checkbox"/> Mindfulness |
| <input type="checkbox"/> Hydration | <input type="checkbox"/> Nutrition |

LOOKING FORWARD TO 2026

TOP 2-3 WELLBEING GOALS

- 1 _____

- 2 _____

- 3 _____

ACTION STEPS
